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ROSEMARY WESTWOOD

Missing: Actionable data on sexual assaults

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CASE OF THE MISSING SIGNAGE

metroNEWS

- **Resident says 173 school zone signs are missing**
- **Little action has been taken by the city**
- **Wise Up looks for answers**

ISTOCK

Birchwood HONDA ON REGENT

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metro NEWS

Your essential daily news

Hold on to your popcorn, Canada; 4D movies are coming. **Business**

Leaders spar over taxes and poverty in TV debate

MANITOBA ELECTION 2016

Frontrunner Pallister target of accusations and questions

Progressive Conservative Leader Brian Pallister was the main target as the heads of Manitoba's four main political parties squared off Tuesday night in a televised debate.

Pallister, the frontrunner in opinion polls for next week's provincial election, faced accusations he would cut government services, increase poverty and privatize parts of the health-care system.

"You've mused about two-tier health care, you've mused about doing experiments with families in terms of how they're treated," NDP Leader Greg Selinger threw at Pallister during one exchange.

"If elected, would you privatize any part of our health-care system or sell off any part of our Crown corporations?"

Pallister ruled out selling Crown corporations but did not directly answer about health care.

"When we talk about two-tier health care, we've got it with Mr. Selinger," Pallister said, referring to long hospital wait times and ambulance fees that top $500 in some rural areas.

Selinger, Liberal Leader Rana Bokhari and Green Party Leader James Beddome each chose to target Pallister with their one allotted question.

"Mr. Pallister, quite frankly, he's the one who's most likely going to be premier if the polls are any kind of indication, and I wanted to get some promises from him," Beddome said afterward.

Beddome accused Pallister of planning to hurt the poor by cutting the provincial sales tax.

Selinger was also a target on occasion over the NDP government's track record after 16 years in office, most notably a 2013 sales-tax increase that broke an earlier campaign promise and stirred up public anger.

Selinger was accused by Pallister of planning another sales-tax increase — an accusation he denied.

Pallister also worked in jabs over the 2014 mutiny that Selinger faced when five cabinet ministers resigned after challenging his leadership.

"Mr. Selinger knows what it's like to have caucus members leave who feel they're not being listened to."

Bokhari was often left out of the fray and said later the 50-minute debate was too short.

"I kind of wish we'd had some more time. I would have liked to get some more jabs in there."

While the NDP has sunk in opinion polls because of the tax hike and a growing deficit, the Tories have faced accusations they are planning deep cuts if elected.

Pallister said at the start of the election campaign that there are "no sacred cows" in his search for savings but insisted front-line services will not be affected.

Asked by reporters following the debate to respond to Selinger's question and rule out any further privatization of health-care services, Pallister hedged and said it would depend on input from workers.

"Some of the front-line workers might make suggestions like that. I don't want to rule out suggestions that are going to come from people in our health-care system for getting better health care for Manitobans. I'm not an ideologue here."

THE CANADIAN PRESS

Greg Selinger, Rana Bokhari, James Beddome and Brian Pallister before the 50-minute televised debate. JOHN WOODS/THE CANADIAN PRESS

> **I kind of wish we'd had some more time. I would have liked to get some more jabs in there.**
> Rana Bokhari

REACTION

The tweets say it all

@MichelleBailey1: Good job @mawwelch Excellent parenting skills during #DebateMB

@derekethier2484: "Manitobans don't want good jobs." That's an election killer statement!! #DebateMB

@Thewpgboy: I was undecided as to who to vote for... and then #DebateMB happened and made me realize... the only option is for legit change. Green.

@RachelWLoewen: Hey Manitoba, remember we despise green (Roughriders), orange (Lions) and red (Stampeders).. Go vote Blue! #DebateMB #mbpoli #PC

@KevCooper27: Clearly @rana4manitoba was the only leader to mention indigenous communities, #mentalhealth & better jobs. That's leadership! #DebateMB

@CaityMacG: Tonight @Brent_Neill got tacos and we watched #DebateMB and it was the best date night we have ever had.

@Kelly_Tiller: I don't think Pallister answered one question in that debate — he deflected and talked about NDP failures every time. #MBVotes #DebateMB

@bdgordonatlarge: After tonight, I advocate a hostile takeover of the Manitoba Liberal Party by the Greens. #debatemb

@curtiscgwyn: I learned from #DebateMB: don't talk about what you will do, talk about what they didn't do. Also, make up answers to imaginary questions.

AD-CURRACY

Tory ad warning of another tax hike under scrutiny

In the lead-up to the April 19 Manitoba election, The Canadian Press is running a series called Ad-Curracy, looking at the claims made in political advertisements. This instalment focuses on a Progressive Conservative ad, which has aired on TV and is hosted on the party's YouTube channel.

The ad

The 30-second ad focuses on the NDP government's decision in 2013 to raise the provincial sales tax to eight per cent from seven and warns that the New Democrats will raise it again to nine or 10 per cent if re-elected.

The claims

Did Selinger say prior to the last election he would not raise the sales tax? Yes. Selinger was accused by then-Tory leader Hugh McFadyen of planning a sales-tax increase in a Sept. 23, 2011, televised leaders debate. In two separate media interviews afterward, Selinger called the accusation "ridiculous" and "total nonsense" (CTV) and "so absurd, it's hardly worth commenting on."

Did Selinger force the tax increase through without a referendum?

Yes, but the courts sided with him. The province's balanced-budget law requires a referendum before any increase to sales, income or corporate payroll taxes. The NDP introduced a bill to suspend that provision to raise the sales tax without a referendum. The Tories challenged the move in court, and a Court of Queen's Bench ruled the government was within its right to change the referendum law.

Was it the largest tax increase in Manitoba history?

Questionable. If you adjust for inflation, the introduction of the provincial sales tax in 1967 (at a rate of five per cent) appears much bigger. The rate in essence went from zero to five per cent.

"What's next: a nine or 10 per cent PST?"

The Tory ad accuses Selinger of planning to raise the tax again, based on a 2014 story by The Canadian Press about the Finance Department examining a number of options when it increased the sales tax, including a nine per cent rate. That contradicted comments from then-finance minister Stan Struthers, who said nothing higher than eight per cent was ever considered or analyzed. It's unclear how serious the nine per cent option was. The relevant documents were kept secret under the province's freedom-of-information law. A report from the ombudsman said finance officials told him the nine per cent rate was looked at "solely in the context of providing comparators."

THE CANADIAN PRESS

Protesters demand host be fired, not suspended

92 CITI FM

Dave Wheeler apologizes for videos that went 'too far'

Evan Matthews
For Metro | Winnipeg

About 100 people gathered inside and outside of the 92 CITI FM studio on Tuesday to protest the popular morning show host's suspension, as they demanded he be fired.

The station says Dave Wheeler was suspended after videos making fun of people living in the North End and women in various neighbourhoods were posted on YouTube.

"A suspension isn't what we asked for. We demand he be fired," said Sadie-Phoenix Lavoie, a local indigenous and female-rights activist.

Social-media outrage worked itself into a frenzy Monday night, with many using the hashtag #FireDaveWheeler over the videos, which were deemed racist and sexist.

> **The uproar over this is ridiculous. People are far too sensitive.**
> Jordan Feasey

Wheeler's co-hosts Phil Aubrey and Rena Jae read Wheeler's apology on-air Tuesday morning, and Wheeler posted the apology to his Twitter account.

"I want to apologize to all our loyal viewers, listeners and the city of Winnipeg for our two videos posted online yesterday. They were insensitive and went too far. We love our city; we live and work here like all of you. I never meant to offend the great people of Winnipeg, for that I am truly sorry," they read.

"Everyday we try and entertain our audiences, but sometimes it can go too far, and that's what happened yesterday. There comes a point when something intended as a joke just isn't funny."

Ray Valle, a North End resident and protester, said Rogers Communications will be receiving hundreds of emails from residents demanding Wheeler's dismissal.

"His videos aren't a representation of anything except prejudice," said Valle. "There are tons of community initiatives going on in the North End to revitalize the area, and hate speech doesn't help."

Many of the women in attendance were equally upset with what they called the misogynistic and classist aspects of the videos.

"I'm sick and tired of the negative stereotypes," said North End resident Amy Carlisle. "We should be bridging gaps and relationships, not creating divide."

But Wheeler in the Morning listener Jordan Feasey said the outrage was over-the-top.

"The uproar over this is ridiculous.... I'm okay with him being suspended short-term, but to lose his job over it? People are far too sensitive these days. These songs aren't even new."

At this point, 92 CITI hasn't said how long Wheeler's suspension will last.

Top: Ray Valle and Amy Carlisle protest at the 92 CITI FM studio Tuesday. EVAN MATTHEWS/FOR METRO
Bottom: A screenshot from one of the videos, now removed. YOUTUBE

FOR WHEELER

@_KaJe — #FireDaveWheeler really?! You want a ruin a man's life because you're easily offended? PC cry babies

@wpgfeasey — The song fat bottom girls is discriminating towards anyone with a lesser booty we should ban it from the radio #BanEverything2016

Adam Dreger-Desjarlais — The only thing about this is that Wheeler is a public figure and played something that is a common joke around the city.

Jeremy Wall — Dear 92 CITI FM CEO/bosses. Great job on the suspension. Now maybe put your crayon box down and the hurt feeling reports and maybe thank the morning show for the amazing work they do!!!

AGAINST

@mattbrett_1984 — What a shocker: predominantly white men criticizing protest against racism and misogyny.

Rui Dias — This isn't the first stunt from this trio that warranted suspension. It really isn't the type of AM television you want visitors to the city to be exposed to.

Sidney DaviesWinter — He knew exactly what he was doing! His apology is crap! I hope he gets fired!

Stacey May Archer — All these comments make me hate this city. Wheeler's statements were racist and sexist and f-----g gross. Stop trying to say bigotry is just a joke.

(Social-media responses edited for clarity)

Advocates see few signs of progress

SAFETY

School zone speed markers still missing, resident says

Braeden Jones
Metro | Winnipeg

A Winnipeg man says a list he compiled of 173 missing school zone signs in the city has been ignored by city administrators.

When Chris Sweryda first took a zig-zagging trip around the city in 2012 to record if there was proper signage in every local school zone, he found 206 locations where signage is insufficient according to "national engineering standards and Winnipeg's own engineering standards."

"Over a six-month period … I went to every school zone and documented every sign that was missing," he said.

Sweryda — a member of traffic-safety advocate group Wise Up Winnipeg — shared that number and a detailed list with some of the city's top engineering and public-works staff, all city councillors and some school principals.

A couple of the missing signs were replaced because principals armed with Sweryda's data made requests through 311.

"Others, they stayed missing," Sweryda said.

In 2014 when the city implemented reduced-speed school zones, there were still 198 missing signs by his count.

"I have a working list I update every year. I go and track the signs and make sure the list stays up-to-date," he said. "The number today is 173 currently missing."

That's "173 yellow signs indicating school zones… both for reduced speed school zones and regular school zones."

In some cases, he said there is some signage but not enough, by the city's own standards.

"If it's missing from one side of the street, on some the opposing direction has the sign," Sweryda said. "(But) the city policy and engineering standards require signs to be on all streets approaching or adjacent to (school zones)."

Traffic management engineer Stephen Chapman and transportation manager Luis Escobar have seen the list, but Sweryda said he thinks the list is not being taken seriously.

Escobar emailed Sweryda in 2012 to thank him for the information and said the city would "assess each location in the lists" and contact him again for "clarification" after their own review, but that later contact never came.

Sweryda also said in 2014, during his bid for mayor, Robert-Falcon Ouellette pledged to improve signage around St. Ignatious School "if he became mayor."

Wise Up protested near Stafford Street and Corydon Avenue because they felt it was the most dangerous place to be missing a sign, given traffic volumes and proximity between school and road.

Of course, Ouellette, now a member of Parliament, never had the chance to fulfill that promise, so "that sign is still missing," and is just "one of the original 206 missing still since 2012."

In a few cases, Sweryda and Wise Up have held protests in specific zones that forced action from the city, but they want the larger issue addressed.

After a successful demonstration for a missing speed-reduction sign on Panet Road last week, Wise Up's founder Todd Dube again emailed both the mayor and infrastructure committee chair Coun. Janice Lukes, inviting them to "engage the valuable information that is being offered."

Lukes said she finds it "extremely hard to believe" there are more than 170 signs missing, but she's willing to give Wise Up "the benefit of the doubt" and eventually sit down to see their presentation.

"Of course if there are missing signs, we want to get them up, absolutely, but people do have to realize there are tens of thousands of signs, we try not to over-sign," she said. "But no, I totally do not believe there are 170 missing signs."

Dube called her skepticism "outrageous," given that "data came from on-the-street research."

"It's all laid out," Dube said. "No one can question the veracity."

> **The city policy and engineering standards require signs to be on all streets approaching or adjacent to (school zones).**
> Chris Sweryda

A young girl walks in a **school zone** Tuesday. ELISHA DACEY/METRO

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Gas Station Theatre gets more time

DEVELOPMENT

Group behind project to craft final plan

Stephanie Taylor
Metro | Winnipeg

A city committee has granted the group behind a proposal to transform the Gas Station Theatre into a mixed-use arts, and housing complex more time to craft its final business plan before it is reviewed at City Hall.

Plans for the Gas Station Arts Centre in the heart of Osborne Village includes an expanded 300-seat theatre, community space and more than 80 units of co-op housing.

It could also be home to a future performing arts lodge, which would offer affordable housing to artists, as seen elsewhere in Canada.

Reviewing the $32 million redevelopment plan has been in the works since January, and on Tuesday was granted another 60-extension by the city's committee on property and development, heritage and downtown development.

The co-op idea became a reality when the GSAC partnered with the Winnipeg chapter of the Performing Arts Lodge of Canada, which provides affordable housing for professional artists.

One goal of the project is to create more residential space in Osborne Village.

The co-op will have 51 market suites and 25 affordable housing suites. There will also be six social housing suites reserved for Macdonald Youth Services when the shelter needs to place kids in transition.

WITH METRO FILES

An artist rendering of the new complex. CONTRIBUTED

Manitoba Hydro – your energy expert

Lifetime water heating costs

The decision to replace a water heater often needs to be made in a hurry. Heaters can fail suddenly, leaving no time to comparison shop.

The graph below shows the typical water heating costs for an average Manitoba household. Costs are based on an average household of 2.4 people consuming about 140 litres of hot water daily, heated up 50°C. Your water heating costs may differ, depending on the type of water heater you have, how much hot water you use, and future energy rates.

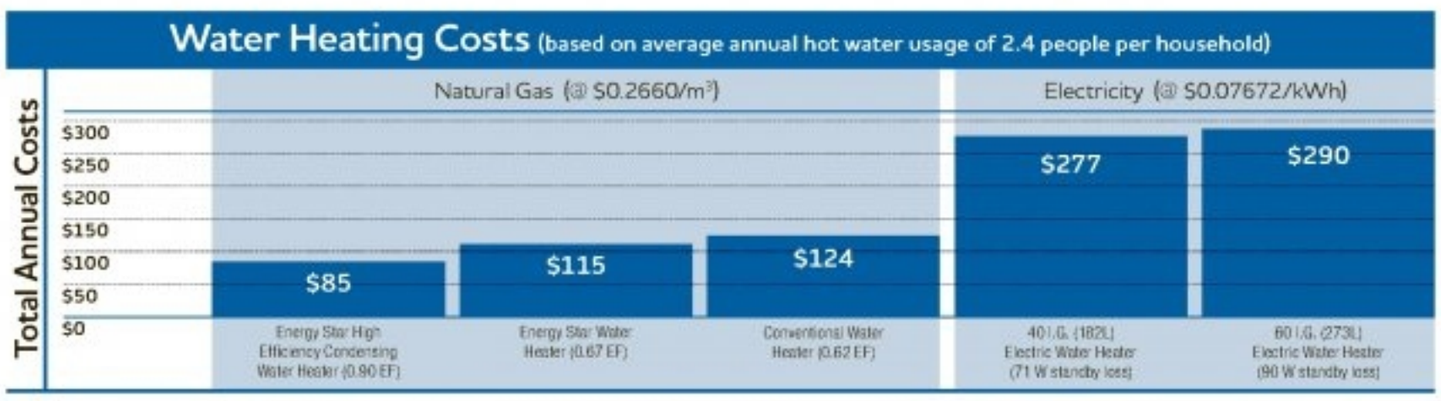
At current rates, the chart shows that the average Manitoba household with a conventional natural gas water heater would have an annual water heating bill of $124. ENERGY STAR® qualifying (sidewall power vented) gas water heaters are now available which would heat water for only $115 per year.

Larger hot water users can further reduce costs by installing high efficiency condensing water heaters. Be aware that the cost of installing high efficiency condensing water heaters can be significant ($3,000 to $5,000).

The same household with a 60 gallon electric water heater would have an annual water heating bill of $290, which is over double the cost of a conventional gas water heater. Over the average 10 year life of a natural gas water heater this would result in over $1,600 in savings. In addition, electric water heaters can't heat water as quickly as natural gas water heaters, so it is usually necessary to compensate by having a larger electric tank.

For more details on energy options for water heating, visit our website at **www.hydro.mb.ca/water**

Water Heating Costs (based on average annual hot water usage of 2.4 people per household)



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MENTAL HEALTH

Students find some Peace of Mind

Braeden Jones
Metro | Winnipeg

Winnipeg teens are banding together for a little peace of mind.

The student-led "Peace of Mind 204" group held a "youth against mental illness stigma (YAMIS)" event at the Park Theatre, Tuesday.

Loizza Aquino, who created the group, said she did so "to help students really understand the issues," including mental health and wellness, as well as coping with loss.

Aquino, a Grade 11 student at Vincent Massey Collegiate, started the group in the fall of 2015 after she lost a close friend in June, 2015.

She said there were more than five suicides between March and June last year that affected her and many of her peers, and she started Peace of Mind 204 to help them cope.

In September, she hosted the first Peace of Mind event—like Tuesday's, it included speakers, performers, and an open-floor for students to have their say.

"Who ever wanted to share testimony, it was their chance to be heard," she said. "People were hearing stories about when they lost someone... having other students around there support you, it was really empowering."

Feedback included "how it was a student connection that gave them perspective that wasn't really there before."

Open to students and teachers alike, as well as the public, Aquino said it helped people learn "the most important thing is to know it's OK to have mental illness, but what's not okay is not doing anything about it."

She said Tuesday's event and any subsequent iteration is to keep the conversation going, "because there is no other way to erase the stigma than to talk about it."

Jibril Hussein, a Garden City Collegiate student, said he was inspired by what Aquino did at her school, so started a chapter of sorts at his and joined her in planning the YAMIS event.

"We want to start a movement," he said. "We hope to inspire others who are suffering to become advocates... we hope to raise a new generation of students who are open to conversation about mental illness."

Hussein and Aquino said they hope Peace of Mind 204 events can take place across the province to get more students, teachers and guidance councillors in on the conversation.

Last week, officials from Pimicikamak Cree Nation declared a state of emergency after six suicides in the last two months and 140 attempts in the past two weeks.

Hussein said what he found with the suicides in Winnipeg last summer is school divisions and educators were "ill-informed" on the hard-to-broach topic.

"A crisis team was brought into our school.... We felt that was a very ineffective way of putting a Band-Aid over a gaping wound," he said, adding there should be a more permanent program in place for Manitoba high school students struggling with mental health issues or loss.

Ace Burpee hosts Peace of Mind 204 Tuesday. TWITTER

Architect 'upset' by decision

HERITAGE

Public Safety Building seems on path to demolition

David Lipnowski
For Metro | Winnipeg

Les Stechesen was 30 when he designed a building that was to serve as home to the Winnipeg Police Service for more than 50 years.

Now 81, the architect behind the Public Safety Building admits his younger self never imagined "in a million years" he may live to see his design demolished.

"It makes me feel very sad," he told reporters, standing in the foyer of Winnipeg City Hall, Tuesday.

Stechesen appeared before the city committee that deals with property and development to deliver a pitch to save the PSB, in response to a report that recommends demolishing it and its neighbouring Civic Centre Parkade, to make way for public space and a future private development.

The Public Safety Building may be brutalist architecture, but its designer thinks it's brutal that it could be demolished after standing for more than 50 years. DAVID LIPNOWSKI/FOR METRO

The committee, however, voted unanimously to endorse the plan, directing city staff to facilitate public consultation and compile a redevelopment report.

Stechesen said afterwards it was a decision he saw coming.

"I have the impression that this thing was predetermined from the start, that they wanted to tear the building down, and they're looking for ways to support that decision."

> **"I have the impression that this thing was predetermined from the start.**
> Les Stechesen

Director of the city's planning and property department, John Kiernan, told the committee it would cost upwards of $66 million to repurpose the interior, and repair the damaged Tyndall stone clad exterior.

Coun. Jenny Gerbasi said that cost places in the city in a dilemma, having to pit architectural value against the fiscal realities of needing to preserve its other heritage proprieties.

"I really believe modernist buildings are incredibly important, and if this does get demolished at the end of this process, it would be a huge loss."

Stechesen criticized staff of "twisting" the estimated rehabilitation costs in their favour, and failing to include any analysis of what the financial and environmental impacts would be to tear down the PSB.

He listed a number of building examples to the committee, which have undergone multi-million facade replacements, such as the Winnipeg Art Gallery and Centennial Concert Hall.

Tuesday's committee made clear that no decision to demolish the building can be done without an approved site plan, and subsequent council approval.

Call to demolish tower instead

Stephanie Taylor
Metro | Winnipeg

Elected officials admit the "nail in the coffin" for the fate of Winnipeg's Public Safety Building was driven by the purchase of a new police headquarters, and neighbouring office tower.

That's a construction project now marred in allegations of fraud, $75 million worth of cost overruns and a vacancy budgeted to lose the city millions.

Coun. Matt Allard questioned the relationship between the PSB and the mostly vacant tower at 266 Graham Ave., recommending the current police headquarters and Civic Centre Parkade, next door to City Hall, be torn down.

John Kiernan, director of planning, property and development, explained unlike the PSB — which features a stipulation the building must remain in the public domain — the Graham Avenue tower offers "greater flexibility" for its ability to gain interest from the private sector.

Harlequin, Steven Page headline Red River Ex

FESTIVAL

Exhibition marks 65th year with fresh attractions

Evan Matthews
For Metro | Winnipeg

The Red River Ex may be turning 65, but it has new experiences to go along with those delicious mini-donuts.

There are new rides like the sit-down spin ride Himalaya, or for the kids — Chopper Charlie.

The group that got their start on America's Got Talent, Xpogo, jumps into the mix this year.

Harlequin plays the stage June 19 and the Barenaked Ladies' Steven Page plays the following night.

And although Winnipeg often does have something in the water, people who believe their love ain't nothing but a monster with two heads can see Coleman Hell on June 25.

All shows start at 8 p.m.

"We have our rides, then our big exhibition building, we have a bartending show, we have reptiles and then tents with tons of food," said Garth Rogerson, CEO of the Red River Ex.

"It's the smells, the sites — there is always something going on. We even have walk around entertainers," he said.

There are new galleries like the Young Artists' Gallery, or the 9/11 Never Forget exhibit, which makes its debut in Manitoba.

Advance gate tickets are $10, while regular admission is $15. Wristbands in advance are $38.85.

All are available online at redriverex.com, or at Sobeys and Mac's stores.

"We encourage people to check out our website, as there are lots of opportunities to save money," said Rogerson. "If you come before 5 p.m. on any day — gate admission is half price. There is also free gate admission for the first hour on Sundays plus a free pancake breakfast."

The Red River Ex runs from June 17-26.

The Himalaya is one of the new rides at the Red River Ex. CONTRIBUTED

UFO

Sightings up across Manitoba

The 2015 Canadian UFO Survey says Quebec leads the country when it comes to sightings of unidentified flying objects, but several provinces, including Manitoba, saw increases last year.

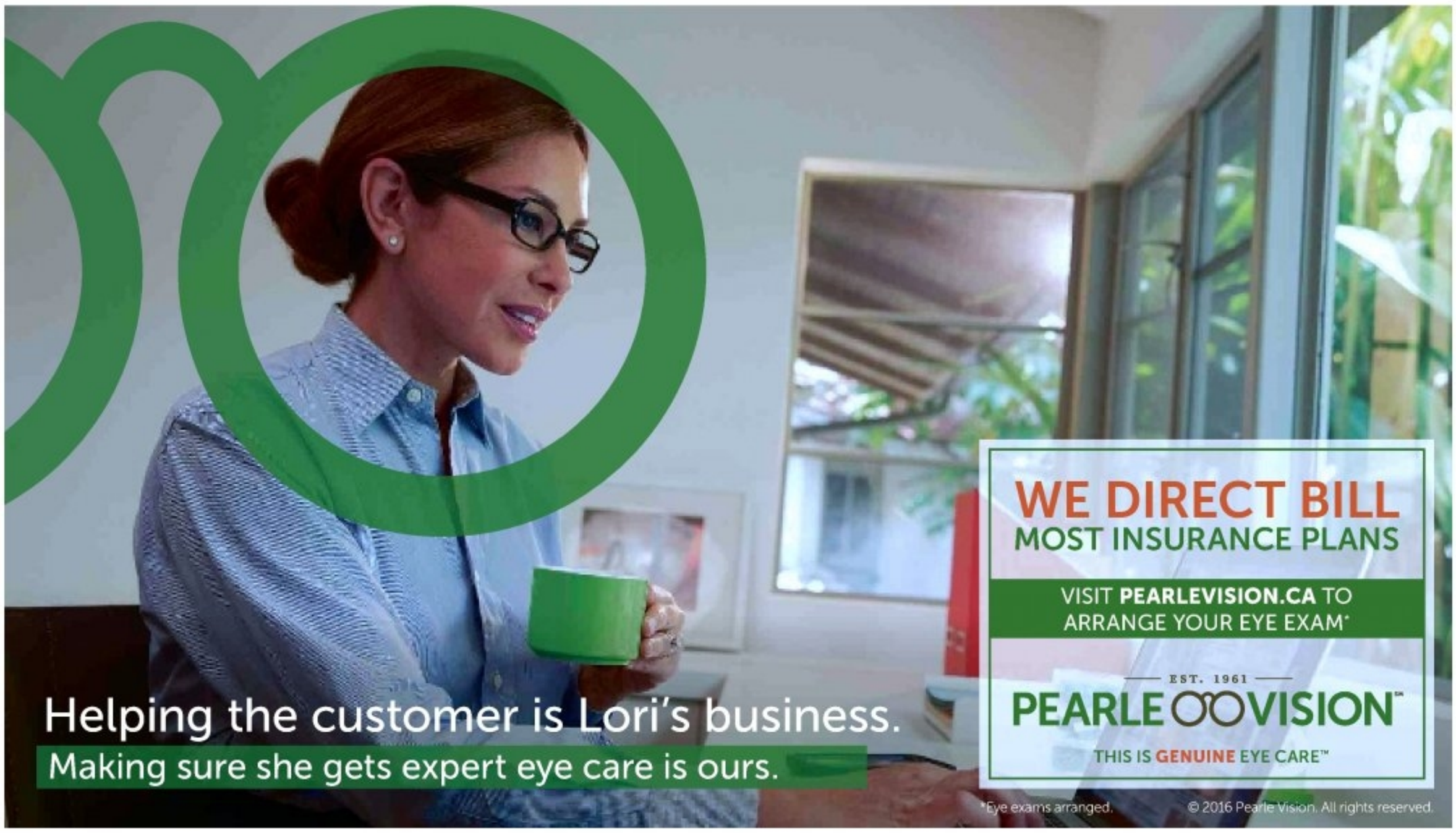
The annual survey by Winnipeg-based Ufology Research was released Monday and says last year had the second-largest number of sightings in the last three decades, with 1,267.

The year with the most UFO reports — a whopping 1,981 — was 2012, which was supposed to be the year the world ended, according to the Mayan calendar.

Alberta, Saskatchewan, Manitoba, Nova Scotia and Newfoundland reported more UFO sightings last year than in 2014.

The study said the typical sighting lasts about 16 minutes and more than half of the reports were of simple lights in the sky.

The study noted the number of reported UFO sightings remains high and suggested several reasons why, including secret military flights, or "even that the downturn in the economy is leading to an increased desire by some people to look skyward for assistance." THE CANADIAN PRESS



Members of St. George School's running club will see the benefits of Louis Riel School Division's new program, Fuel Up! Feed Our Schools. EVAN MATTHEWS/FOR METRO

Fuelling up support for students

EDUCATION

School division adds funding for breakfast, lunch programs

Evan Matthews
For Metro | Winnipeg

In an effort to show teachers are involved in more than just day-to-day education, the Louis Riel School Division said they are adding funding to seven schools for breakfast and lunch programs.

Other schools in the division have existing programs, but the goal of the new FUEL UP! Feed Our Schools program is to strike up some new ones, according to Cynthia Taylor, program organizer.

"The goal was to have new schools apply ... specifically high schools," she said. "There are many students who get support in elementary school.... We as educators need to provide consistent and continual support (if they require)."

Frank Restall, president of the Louis Riel Teachers' Association, said the association is pairing with the Manitoba Teachers' Society to inject $4,000 into the schools.

Each school will be given $500 to aid their breakfast and lunch programs. The leftover $500 provided starter packs for schools whose grants were approved.

Taylor said while every school is given the same amount, what each school decides to do with the funding is up to them.

According to Taylor, Dakota High School is using the funds to create pantries for hampers over the winter months, and St. George School is using the funds to provide their morning running club with breakfast.

Although there is no guarantee for future financial contributions, Restall said ultimately the hope is to provide programs with long-term sustainability.

"These type of programs are something we try to do every two years," he said. "Our focus is the kids. We try to keep the focus within our community."

The seven schools included are Glenlawn Collegiate, Minnetonka School, St. George School, Victor H. L. Wyatt School, the Arts and Technology Centre, Dakota Collegiate and Windsor Park Collegiate.

> "Our focus is the kids. We try to keep the focus within our community." Frank Restall

POLICE

Passenger uses pepper spray on driver 'instead of paying'

Braeden Jones
Metro | Winnipeg

A Winnipeg taxi driver was allegedly assaulted while on the job Sunday evening.

According to a prepared statement from the Winnipeg Taxi Alliance (WTA), a group representing more than 414 taxis, the driver was "attacked with the use of (pepper spray)."

Police were called to the assault, which took place in the city's North End at McGregor Street and Redwood Avenue, and no arrests have been made yet.

WTA spokesperson Luc Lewandoski said the group has "full faith in the police to investigate this matter and to hold the person responsible for this act of violence."

Winnipeg police Const. Rob Carver said the assault happened around 11:30 p.m., when the 40-year-old cabbie's passenger pepper-sprayed him "instead of paying."

He said police continue to investigate based on the driver's description of the suspect.

IN BRIEF

Home invasion leaves four people injured

Four people were taken to hospital after a gang of men broke into a home.

Police said four or five men barged into a house in the 400 block of Victor Street Tuesday around 5 a.m., demanding money and personal property. The gang then began beating on the victims before running away after police were called. METRO

War against weight discrimination

Jill Andrew, third from left, is working to have a person's weight protected against discrimination. FACEBOOK

BODY POSITIVITY

Activist pitches changes to Ontario Human Rights code

Jessica Smith Cross
Metro | Toronto

An activist wants to make it illegal to discriminate against someone based on their size, shape or weight.

Jill Andrew, co-founder of the Body Confidence Canada Awards, is meeting Wednesday with the province's human rights commissioner to discuss possible changes to the Ontario Human Rights Code.

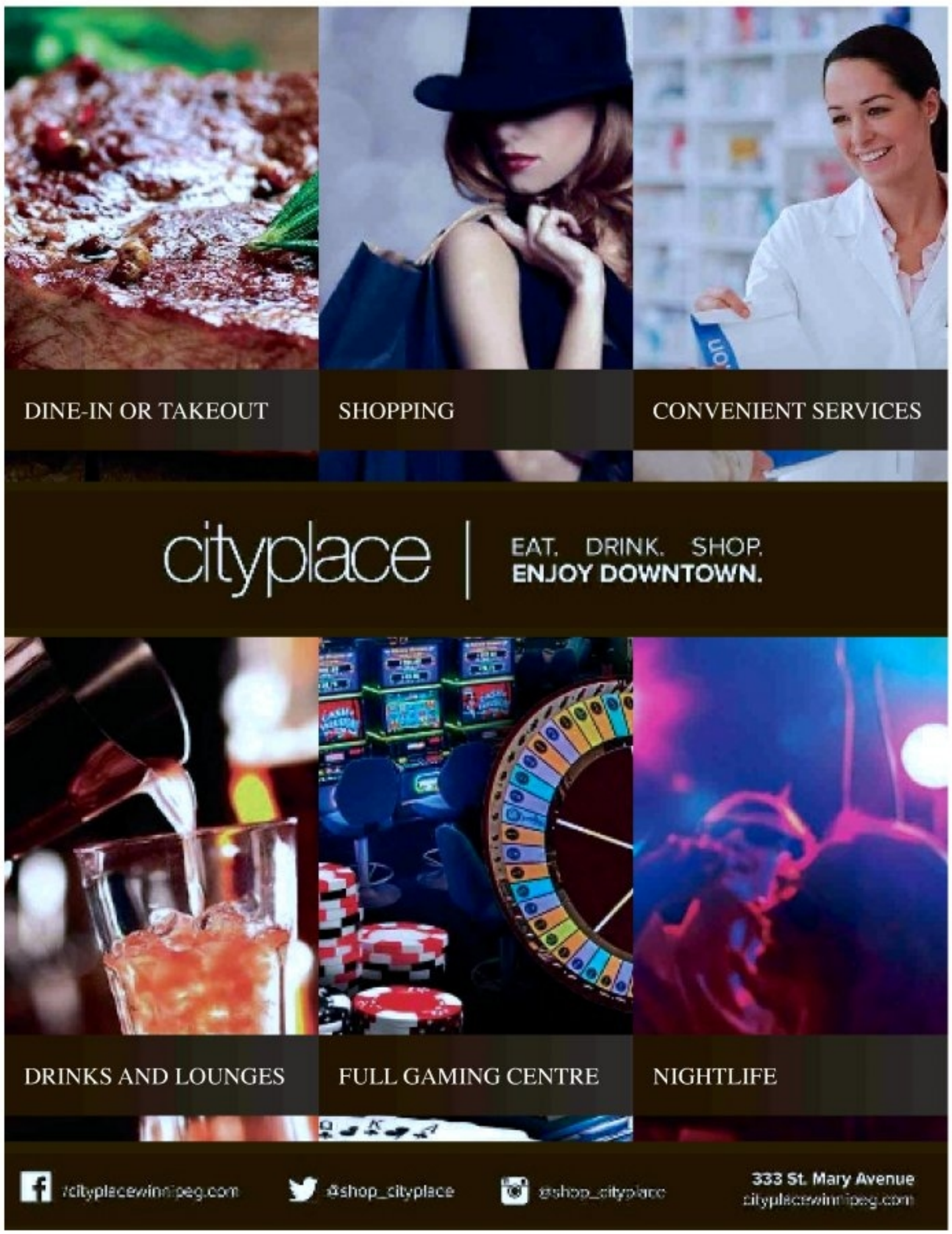
Weight deserves the same attention as other basis for discrimination that are protected by the code today, including age, sex, disability, ethnic origin and sexual orientation, Andrew said.

"All of the same social and cultural stereotypes that are wrongly linked to being fat — being lazy or being unintelligent or lacking energy — have fed into employers who discriminate against people who are looking for work or to be promoted," she said.

If the proposal is adopted, it would be illegal to discriminate against a person — to fire them or refuse to rent an apartment to them, for example — because of their weight.

Andrew got the opportunity to make her case to when she spoke alongside Rena Mandhane, who heads Ontario's Human Rights Commission, at a recent event for women in politics in Toronto.

"She was very eager to have the conversation," said Andrew. "I'm hoping she hears my arguments and sees some merits in them."



AFGHANISTAN

Soldiers not told to ignore abuse: Inquiry

Canada's military has changed how it trains soldiers for overseas deployments, with more focus on ethical issues, cultural differences and addressing human rights violations — all resulting from the fallout of its mishandling of child abuse reports in Afghanistan.

The defence department on Tuesday released the results of a long-awaited investigation examining the response of the Canadian military to reports of sexual abuse of boys by Afghan soldiers and interpreters.

The board of inquiry report — almost eight years in the making — concludes that at no time did commanders order troops to turn a blind eye to suspected abuse.

But it does note that the military could have acted on the abuse of minors in 2006 but didn't because of breakdowns in communications between soldiers in the field and commanders.

Instead, the military took action only after a soldier said in 2008 that he had witnessed abuse. Other stories said soldiers had been told by commanders to ignore incidents of sexual abuse.

Gen. Jonathan Vance, the chief of defence staff, said he's confident that soldiers would take action today if confronted with allegations or evidence of abuse.

"A soldier would be able to take a pro-active role, whether that is reporting or whether it's an actual intervention," Vance told Torstar on Tuesday.

Indeed, he's given specific orders to Canadian soldiers now deployed in northern Iraq to report any violation of Canadian or international law. That includes the use of child soldiers, torture, inhuman treatment and sexual assault of children and other vulnerable populations, according an excerpt of the directive obtained by the Star.

The 107-page report released Tuesday confirms that Canadian soldiers witnessed or suspected that sex acts were taking place between Afghan National Security Forces and children.

"These reports include incidents of oral sex and genital fondling under clothing," according to the report.

There was one report of Canadian Forces (CF) medical personnel treating both male and female children for rectal damage that resulted from the assault, the inquiry found.

TORSTAR NEWS SERVICE

CETA TRADE DEAL AT STAKE

Canada and the European Union traded barbs Tuesday in their long-running visa dispute, escalating their brinkmanship as a key deadline in the impasse came and went without a resolution.

Europe's top envoy to Canada said there's no guarantee the mammoth Canada-EU free trade deal would win approval in the European Parliament if Canada keeps visa restrictions on Bulgarian and Romanian travellers.

A spokesman for Immigration Minister John McCallum shot back with a warning that if the EU imposes a retaliatory visa on Canada it might hurt EU tourism, as well as economic and political relations.

Marie-Anne Coninsx, the European Union's ambassador to Canada, linked the free-trade deal, known as CETA, with the unresolved visa dispute.

THE CANADIAN PRESS

Police break up suicide pact of 13 young people

MENTAL HEALTH

First Nations community sees rash of attempts

A suicide pact by 13 young aboriginal people, including a nine-year-old, has been thwarted on a remote First Nation in northern Ontario where local leaders say they're so overwhelmed by the suicide crisis that extra police officers have been called in from nearby communities.

Anna Betty Achneepineskum of the Nishnawbe Aski Nation said the youths were overheard making a pact to kill themselves on Monday and police brought them to the local hospital in Attawapiskat for an evaluation.

But the hospital was already treating other patients who had attempted suicide in recent days and couldn't see all of the new arrivals, Achneepineskum said, so about half temporarily waited in jail for treatment, the only other place where officials felt their safety could be secured.

"There are so many things that are needed here," she said in an interview. "So many things."

Achneepineskum said the entire community of about 2,000 in the James Bay region is so overburdened by the rash of suicide attempts that three of the reserve's four health-care workers were sent to Thunder Bay for counselling and rest as reinforcements came in to help.

The remote northern Ontario First Nation of Attawapiskat, Ont., declared a state of emergency after numerous suicide attempts this week. THE CANADIAN PRESS FILE

Health Canada said Tuesday that roughly 18 additional people — including a crisis coordinator, two youth support workers and a psychologist — had been deployed as temporary crisis relief since a state of emergency was declared in Attawapiskat.

But Keith Conn, an assistant deputy minister for the department's First Nations and Inuit health branch, stressed "more aggressive" efforts must be made to meet the community's mental health needs in the long term.

The emotional distress of the teens and the dearth of resources in place to help them is a direct result of more than a century's worth of fraught relations between First Nations communities and the federal government, one leader said.

Ontario Regional Chief Isadore Day said the pervasive ills plaguing aboriginal Canadians can be traced back to the Indian Act of 1876, which is marking its 140th anniversary.

Day said the act, which effectively transferred all decisions affecting First Nations to officials in Ottawa, set the stage for decades of turmoil, including residential schools, where young aboriginals endured horrific abuse.

Those experiences are at the heart of issues that include addiction, poor health and unemployment, all of which tend to converge on Canadian reserves that include Attawapiskat, Day said. Officials responsible for collecting demographic data on Attawapiskat did not respond to requests for the information.

THE CANADIAN PRESS

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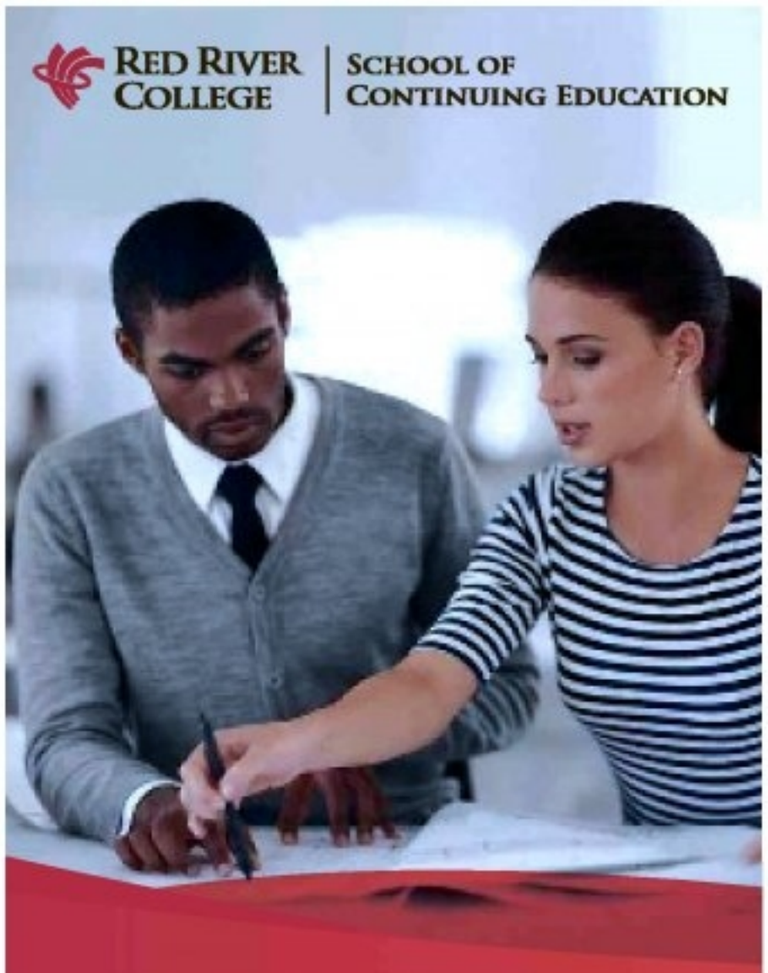

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ENTERTAINMENT

Russian bear a big hit

A proverbial Russian bear has long alarmed Westerners as the symbol of Moscow's might and purported ferocity. But the Russian who has taken the world by storm is a sweet goof who hasn't fired a single shot.

Masha and the Bear, a Russian animated television series launched in 2009, now broadcasts in more than 120 countries including the United States. Its YouTube channel is in the top 10 most-viewed worldwide.

The cartoon centres on the mischievous girl Masha and the towering Bear, a retired circus performer who falls victim to the green-eyed sprite's pranks.

THE ASSOCIATED PRESS

A notebook featuring Masha and the Bear THE ASSOCIATED PRESS

Authorities raid offices of Mossack Fonseca

PANAMA PAPERS

Prosecutors looking for information linked to leak

Organized crime prosecutors raided the Panama City offices of the Mossack Fonseca law firm Tuesday looking for evidence of money laundering and financing terrorism following a leak of documents about tax havens it set up for wealthy international clients.

A half-dozen police officers set up a perimeter around the offices while prosecutors searched inside for documents. Shortly after news reports based on a trove of documents from the firm began emerging more than a week ago, Panama's government had said it would investigate.

The attorney general's office said in a statement that the objective of the raid was "to obtain documentation linked to the information published in news articles that establish the use of the firm in illicit activities."

A sign in front of the building that houses the law firm Mossack Fonseca & Co. in Panama City. JOE RAEDLE/GETTY IMAGES

Mossack Fonseca has denied any wrongdoing, saying it only set up offshore financial accounts and anonymous shell companies for clients and was not involved in how those accounts were used. Co-founder Roman Fonseca said Tuesday that the firm was preparing a statement.

The search came a day after intellectual property prosecutors visited Mossack Fonseca to follow up on the firm's allegations that a computer hack led to the leak of millions of documents about tax havens.

The firm filed a complaint charging the security breach shortly before the first media reports working with the documents offered details on how politicians, celebrities and companies around the globe were hiding assets in offshore accounts and shell companies.

"Finally the real criminals are being investigated," Fonseca said in a message to The Associated Press on Monday.

Fonseca has maintained that the only crime which can be taken from the leak was the computer hack itself. He has said he suspects the hack originated outside Panama, possibly in Europe, but has not given any details.

The law firm is one of the most important in the world for creating overseas front companies. THE ASSOCIATED PRESS

DAY 3

A royal celebration

The Duke and Duchess of Cambridge are on a weeklong tour of India and Bhutan, visiting in the cities of Mumbai, Delhi, Assam, Bhutan and Agra. Here are some sights from Day 3 of their visit.

1 Kate and Will watch as a little boy dances by the fireside during a Bihu Festival Celebration at Diphlu River Lodge in Kaziranga, India.

2 Kate looks on as her husband tries to play an Indian whistle.

3 Dancers perform by the fireside.

ALL PHOTOS GETTY IMAGES

Turtle smuggler gets 5 years

CRIME

Canadian man tells judge he sold creatures for school fees

A Canadian man who repeatedly entered Michigan to buy and ship thousands of turtles to his native China only to be caught with 51 of them strapped to his legs was sentenced Tuesday to nearly five years in federal prison for smuggling.

It was a tough punishment for Kai Xu, who has been locked up for 19 months since his arrest and had hoped to be released. The 27-year-old expressed remorse to a judge and thanked agents "for stopping the darkness of my greed and ignorance."

Ahead of the hearing, Xu wrote a letter to U.S. District Judge John Corbett O'Meara, saying he sold turtles partly to make money for college. He said he was a semester short of an engineering degree.

The government said Xu shipped turtles to China from Canada and the U.S., or hired people to fly with turtles in their luggage to China, where they are coveted as pets. He was apprehended with 51 of them on his legs at the Ontario border in 2014.

One of the smuggled turtles. U.S. ATTORNEY'S OFFICE VIA THE ASSOCIATED PRESS

> **We don't have a whole lot of cases exactly like this.**
> Judge John Corbett O'Meara

It's not illegal to buy turtles from breeders in the U.S., but Xu's crime was shipping them overseas without a federal permit.

Xu was not a "sophisticated international dealer," defence attorney Matthew Borgula told the judge, adding that hiding turtles under his pants was "not a good way to get them across the border."

Assistant U.S. Attorney Sara Woodward said Xu's remorse was genuine, but described his smuggling scheme as one of the largest in recent years.

Woodward asked for five years in prison, near the low end of the sentencing guidelines. O'Meara could have gone lower than the guidelines, but settled on 57 months without an explanation, though he praised Xu for becoming fluent in Spanish while in prison and helping Hispanic inmates.

"We don't have a whole lot of cases exactly like this every day," O'Meara said of turtle smuggling.

The guidelines were enhanced by the value of the reptiles as estimated by the government. Prosecutors said shipments intercepted at airports were worth more than $1 million.

Borgula objected to the government's conclusion and asked that O'Meara hear testimony. The judge declined, saying he was pressed for time. An appeal is planned.

"The sentence is very severe," Borgula said. THE ASSOCIATED PRESS

IN BRIEF

Arms cache found after blast at El Salvador home

An explosion at a home in El Salvador has led authorities to seize a cache of arms and munitions believed to be destined for the black market. Police and prosecutors' agents searched the home Monday night in Santa Tecla. Prosecutors said Tuesday that authorities discovered armaments including a military-grade M-60 machine-gun with the serial number erased, two rifles and 143 boxes of ammunition.
THE ASSOCIATED PRESS

Boko Haram using more child bombers: UNICEF

The number of child bombers used by the Islamic extremists of Boko Haram has increased from four to 44 in a year, UNICEF said Tuesday. Seventy-five per cent of the children used are girls, a new report said, emphasizing that these children, many believed captives, are "victims, not perpetrators."
THE ASSOCIATED PRESS

U.S. ARMY

Sikh soldiers can keep beard, turban

The U.S. Army has ruled that three Sikh enlistees will be allowed to serve while keeping their distinctive beards and turbans.

The three Sikhs filed a lawsuit seeking to end a military policy that generally bans beards. The Sikh religion requires men to grow beards as an article of their faith.

On Friday, the army granted exceptions to the three enlistees, Kanwar Singh, Harpal Singh and Arjan Singh Ghotra. They will now be allowed to wear beards and turbans when they begin basic training next month.

A fourth soldier, Capt. Simratpal Singh, won a separate administrative exception earlier this month.

The Sikh Coalition had sued on the soldiers' behalf. The coalition said it will still pursue its lawsuit in hopes of winning a permanent policy change for all Sikhs.

While there is a process for service members to seek an exception on a case-by-case basis, it is onerous, said Harsimran Kaur, legal director for the Sikh Coalition.

Kaur said she is aware of only eight Sikhs who have been granted exemptions, including the four who just recently received them.

Ben Sakrisson, a Pentagon spokesman, said requests for religious accommodations "are assessed on a case-by-case basis."
THE ASSOCIATED PRESS

Army Capt. Simratpal Singh. When Singh entered the U.S. Military Academy at West Point back in 2006, he did something he thought he would never have to: shave his beard. JOVELLE TAMAYO/SIKH COALITION VIA THE ASSOCIATED PRESS

SECRETARY-GENERAL

UN set to pick new chief

The United Nations took a historic step Tuesday to open up the usually secret process of selecting the next secretary-general, giving all countries the chance to question candidates on such issues as how they would resist pressure from powerful nations, tackle sex abuse by UN peacekeepers, and improve efforts to achieve peace.

Montenegro's Foreign Minister Igor Luksic was the first of eight candidates to face members of the UN General Assembly, citing his small Balkan nation's multiethnic and multicultural diversity as well as his experience as a former prime minister and defence minister in seeking the UN's top diplomatic post. UNESCO Director-General Irina Bokova and former UN refugee chief Antonio Guterres followed.

Under the UN Charter, the secretary-general is chosen by the 193-member General Assembly on the recommendation of the 15-member Security Council.

Ban Ki-moon's second five-year term ends on Dec. 31.
THE ASSOCIATED PRESS

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Get drenched at the movies

ENTERTAINMENT

4DX comes to first Canadian theatre this summer

Hang onto your popcorn — and steer clear of hot drinks.

Though you don't normally go to the movies to get rained or snowed on, Cineplex Entertainment is betting customers will pay extra for the privilege this summer, when the company introduces 4DX immersive technology at a Toronto theatre.

4DX incorporates a jolt on every level, from water streams and air blasts to lightning and familiar scents, along with chairs that pivot and swerve, in tandem with the action on the screen.

"It's like you're in the movie," Cineplex spokesperson Sarah Van Lange said Tuesday.

"It makes the movie-going experience truly immersive."

Though the ticket price is not yet public, it is part of a spate of premium movie-viewing offerings from IMAX to UltraAVX that carry a higher ticket price for an upgraded experience at Canada's largest movie chain.

In the fourth quarter of 2015 — which was Cineplex's most successful year ever — premium movie experiences accounted for 46.8 per cent of total box office revenues. That averaged out to 39 per cent for the full year, which is more than double the box office revenues some of its peers generated in the U.S. last year, she said.

"Canadians, more than Americans, love premium movie experiences," said Van Lange.

For example, 80 per cent of the advance tickets Cineplex sold last year for Star Wars: The Force Awakens were for these elevated movie-watching platforms.

4DX incorporates a jolt on every level, from water streams and air blasts to lightning and familiar scents, along with chairs that move, in tandem with on-screen action. TORSTAR NEWS SERVICE

The exact launch date and first movie to be shown in 4DX have not yet been determined as the auditorium undergoes a massive overhaul to incorporate the new technology from South Korean firm CJ 4DPLEX.

TORSTAR NEWS SERVICE

MONEY

IMF projecting slowdown in economic growth for Canada

The International Monetary Fund is lowering its economic growth projections for Canada and the world.

Slow growth in global oil exports, low crude prices and weak demand for non-oil commodities were identified as factors.

The IMF is now projecting Canada's economy to grow by 1.5 per cent this year and by 1.9 per cent next year.

That would be an improvement on last year's growth of 1.2 per cent but less than the IMF's January estimate, which projected Canada's economy would grow 1.7 per cent in 2016 and 2.1 per cent in 2017.

The IMF is also lowering its estimates for the United States and the global economy overall, with China being an exception.

The international body repeated a recent warning that the world's economic growth remains too slow and too fragile, increasing the risk of social and political stress in many countries.

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Wednesday, April 13, 2016

ROSEMARY WESTWOOD **SEXUAL ASSAULT DATA**

KNOWING IS HALF THE BATTLE

By the standards of our big-data age, we know shockingly little about the true extent and nature of sexual assault in this country, much less about what authorities are doing to address it. A concerted effort to collect, share and analyze data could be **our last, best hope for change.**

It began last week with a simple question.

Ottawa police had a 39 per cent charge rate for sexual assaults in 2014. I wanted to know: How does that compare to the national average?

But there was one problem. That comparison doesn't exist.

Statistics Canada tracks some data on sexual assault in this country. But rates of charges versus police complaints? No. In fact, even StatsCan's own data sets aren't designed to be compared to each other, like puzzle pieces never cut to fit.

We are witnessing a crescendo of attention on sexual assault never seen before. Decades of research and activism have brought us here, but depressingly, they have done nothing to change the rate of sexual violence in the last 15 years.

There is one thing we haven't tried: the collection, organization and analysis of robust, in-depth and actionable data.

As things stand now, when a woman comes forward, we don't usefully record what happens next.

The same is true, of course, for all crimes. But there is good reason to demand that, in the case of sexual assault, much more needs to be done.

Sexual assault — everything from unwanted sexual touching to violent rape — is a unique umbrella of crime in this country.

First of all, it's overwhelming committed by men against women. Secondly, sexual assaults aren't addressed by the justice system as often as other crimes. Nationally, physical assaults are seven times more likely to play out in courts, compared to sexual assaults.

You can't sift insight from thin air. Police, schools and StatsCan must be compelled to collect more information.

But most alarming is that while crime rates have uniformly been falling since 1999, only sexual assault has remained stable.

Better data should begin with local police departments, which only ever hear about five per cent of sexual assaults to begin with, and which have no uniform practice for tracking or publishing sexual-assault data In Vancouver, police host an online public database, but it only includes the number of cases investigated as sexual assaults (including those against children); it doesn't include all complaints and doesn't break down cases by outcome or factors like race.

Ottawa police released stats on sexual assault complaints (also including kids) only after a freedom of information request. The data showed the result of each complaint, including "unfounded" and "founded but not solved," but there were no details on how investigators reached their conclusions. This is typical.

Both Ottawa and Calgary police have played the "trust us" card and taken pains to defend the thoroughness of their investigators.

But police forces could be hard-pressed to offer more nuanced data, even if they wanted to. ViCLAS, a national computer investigation system, was designed, like other police computer systems, to take in information and help investigations — not to spit out data for analysis.

Nowhere have statistics on sexual assault come more under fire recently than on Canadian campuses. In 2014, media investigations revealed the hodgepodge, incomplete nature of information collected at universities and colleges. Schools weren't even tracking the same categories of incidents and they had no obligation to share their data publicly. A concealing blanket lay atop a space where, advocates say, woman face heightened risk of sexual assault.

In reaction, Ontario passed a law requiring campuses to create specific sexual assault policies and data-reporting practices. In B.C. and Alberta, advocates are drawing up recommendations for how campuses should track and investigate sexual assault complaints and support survivors.

Tracy Porteous, part of that team, wants to see schools in B.C. adopt a computer database that would track complaints and aid investigations (like police systems) and also compile statistics (unlike police systems).

But even these efforts are insufficient.

For one, not all provinces are demanding change. Whatever data is generated might not even be comparable to that of schools in other provinces, let alone to police or StatsCan. And I highly doubt it will be sufficiently detailed, given that, in Ontario, schools have been vaguely instructed to collect "information" on sexual assault complaints.

It's particularly ironic that this kind of paltry information exists in the age of big data, giving lie to the belief that boundless information is everywhere, just waiting to be found. There's a chance, though, that new mathematical algorithms of the kinds studied by Prof. Andrea Lodi could shed light on what little sex assault data we've got. Lodi, the Canada Excellence Research Chair in Data Science for Real-Time Decision-Making, calls it that kind of analysis "the new frontier."

But you can't sift insight from thin air. Police, schools and even StatsCan must be compelled to collect more information and collaborate more closely.

Data could be our last, best shot to change abysmal rates of sexual violence, reporting and convictions. We must start actually using it.

Left: A protester is seen outside a Toronto courthouse where the Jian Ghomeshi trial took place. Right: A sign made up of messages created by students in September 2015 as part of the anti-violence project at the University of Victoria. CHRIS YOUNG/THE CANADIAN PRESS ; CHAD HIPOLITO/THE CANADIAN PRESS

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Possible 400-year-old Caravaggio found in an attic in France

Land of cashew milk and honey

To adopt healthier eating habits, focus on adding an extra portion of fruit and veg to every meal rather than dwelling on the foods you're cutting out, advises food writer Ella Woodward. CONTRIBUTED

INTERVIEW

Plant-based meals made easy thanks to Deliciously Ella

Melita Kuburas
Metro | Canada

Addition, not subtraction, is the key to making a seamless transition to healthier eating habits, says U.K. food blogger Ella Woodward.

"Deprivation doesn't work," says Woodward, who visited New York and Toronto last week to promote her new book, Deliciously Ella Every Day (Simon & Schuster Canada).

"I try and help people to focus on adding stuff in, rather than always thinking what you're cutting out," she tells Metro.

Woodward overhauled her lifestyle after being diagnosed with Postural Tachycardia Syndrome.

One of the symptoms of this condition is a difficulty maintaining a normal heart rate, which meant even the simplest tasks were unconquerable for her.

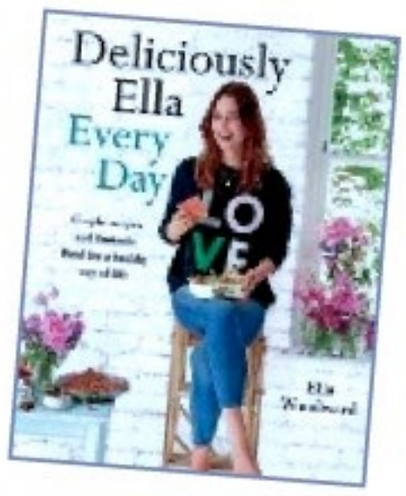
She says switching to a plant-based diet has helped her, but Woodward stays away from offering health advice to her fans (she has over 800,000 followers on Instagram, another 392,000 on Pinterest).

ELLA'S FAVOURITE
"They're so easy. It takes three minutes and you can always make a big batch at once and freeze the rest."

"I don't want to give very specific advice. I think that nutrition is absolutely amazing but it's so important to work one-on-one with someone. I'm much more about just promoting eating natural foods, showing people easy, more tasty ways of eating them and incorporating them into their life."

Start with simple changes like switching to brown rice instead of white, or swapping quinoa for pasta.

Before you know it, you'll be craving home-made cashew milk and cauliflower pizza crust — and it won't feel like a diet.



RECIPE FROM DELICIOUSLY ELLA EVERY DAY

A favorite recipe from my blog, which I hope you'll love. It's incredibly simple but very addictive; the first time I made this I cooked it four or five times in the following two weeks! There's just something about the mix of soft, buttery beans smothered in home-made pesto with sautéed spinach, crunchy pumpkin seeds and sweet, juicy pomegranates that I can't get enough of.

WARMING PESTO LIMA BEANS

Serves 1.

Ingredients for the pesto:
- 1 garlic clove
- 6 tablespoons pine nuts
- big handful of fresh basil leaves (1 ounce)
- 3 tablespoons olive oil
- juice of 1 lemon
- salt and pepper

Ingredients for the salad:
- one 15-ounce can lima beans, drained and rinsed
- 3.5 ounces spinach
- olive oil
- juice of 1 lemon
- pepper
- handful of pumpkin seeds
- sprinkling of pomegranate seeds

Directions:
1. Start by making the pesto. Simply peel the garlic and then put all the ingredients into a food processor and blend until smooth. Set aside.

2. Place the beans in a frying pan with the spinach and pesto and sauté everything in a splash of olive oil for 2–3 minutes until the spinach has wilted and everything is warm.

3. While they cook, squeeze the lemon (for the salad) over the beans and add pepper.

4. Place the pesto beans and spinach into a bowl and sprinkle the pumpkin and pomegranate seeds over the top.

Tweak it
In hot weather, swap the wilted spinach for fresh arugula and serve this as a cold salad.

Now it's OK to eat like a bird

Canary seed quick facts

Canary seed, which has been used almost exclusively as bird seed in North America, recently received approval to be sold for human consumption in both Canada and the United States.

1 What human food can canary seed be used in?
Baked goods and mixes for bagels, biscuits, breads, rolls, cookies, crackers, doughnuts, pancakes, waffles, muffins, pies, breakfast cereals, flours and brans. It can be sprinkled like sesame seed and can also be used in energy, meal replacement, and fortified bars; granola and cereal bars; pasta; and snack foods.

2 It's nutritious
With about 20 per cent protein, it's one of the higher protein cereal grains grown in Canada. It has a high percentage of unsaturated fatty acids and provides folate and iron. It's gluten-free, too.

3 Canada is the No. 1 exporter
Canada has well over 80 per cent of the world's canary seed exports, with Saskatchewan the top grower. In 2015, an estimated 149,000 tonnes of canary seed with a farm gate value of roughly $90 million was harvested from more than 1,200 square kilometres.

NUTRITION

Health Canada gives the green light to eating canary seed

Move over, feathered friends: canary seed has been approved for human consumption by Health Canada and the U.S. Food and Drug Administration.

The high-protein, gluten-free grain — similar in size to flax seed and sesame seed — can now be incorporated whole into energy and snack bars and sprinkled on hamburger buns and bagels. It can also be ground into flour for use in cookies, muffins, crackers, breads, tortillas and pasta.

It's good news for farmers in Saskatchewan, where the bulk of the world's canary seed crop is grown and exported.

It's hoped the approval for human consumption will broaden the market, says Kevin Hursh, executive director of the Canaryseed Development Commission of Saskatchewan.

Carol Ann Patterson, a food scientist with The Pathfinders Research and Management Ltd., in Saskatoon, had been working with the commission since about 2006 as regulatory approval was sought for the seed to be used as a cereal grain, similar to oats, wheat, barley and rye.

"From a protein perspective, compared to other cereals, canary seed ranks up there," says Patterson.

"And that's why it's so good for gluten-free applications because right now a lot of the flours that are used ... don't have the same nutrient composition as canary seed would have in terms of fatty acids, in terms of the vitamins, in terms of fibre and in terms of protein content."

Roasted canary seed has a nutty flavour with a pleasant aroma.

Marlene Hursh adapted a popular chocolate chip cookie recipe to use canary seed flour and groats (dehulled grain when the outer seed coat is removed, allowing you to see the seed colour).

Canary Seed Chocolate Chip Cookies

Ingredients:
If canary seed flour is unavailable, use 250 ml (1 cup) all-purpose flour.

- 125 ml (1/2 cup) softened butter or shortening
- 50 ml (1/4 cup) white sugar
- 125 ml (1/2 cup) brown sugar
- 1 egg
- 5 ml (1 tsp) vanilla
- 175 ml (3/4 cup) all-purpose flour
- 50 ml (1/4 cup) canary seed flour
- 2 ml (1/2 tsp) baking soda
- 2 ml (1/2 tsp) salt
- 250 ml (1 cup) chocolate chips
- 50 ml (1/4 cup) canary seed groats (optional)
- 125 ml (1/2 cup) chopped nuts (optional)

Directions:
1. In a bowl, cream together butter and white and brown sugars until light and fluffy. Add egg and vanilla and beat until smooth.
2. Stir in flours, soda and salt. Blend well.
3. Stir in chocolate chips, and canary seed groats and nuts, if using.
4. Drop by spoonfuls on ungreased cookie sheet 5 cm (2 inches) apart. Bake in a 190 C (375 F) oven for 8 to 10 minutes.

THE CANADIAN PRESS

Canary seed, seen here being harvested in Saskatchewan, has been approved for human consumption by Health Canada and the U.S. Food and Drug Administration. THE CANADIAN PRESS

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Hot sauces

Olé! More and more spice seekers are piling their food with peppery sauces, but you may get burned by more than just the taste.

PICK THIS

Sriracha Hot Chili Sauce from Huy Fong Foods (1 Tbsp)
Sodium 240 mg

SKIP THIS

Frank's RedHot Original Cayenne Pepper Sauce (1 Tbsp)
Sodium 570 mg

HERE'S WHY

Equivalent to 30 Rold Gold Classic Style Tiny Twists pretzels in sodium

Adding a hot pepper sauce to spice up your food may seem like a healthier alternative than loading it with other condiments like ranch dip, chipotle mayo or ketchup, but don't go overboard! At a glance the two spicy sauces may seem similar. Both have virtually no calories, fat or sugar, but by switching to Sriracha you cut your sodium down by half. Too much sodium can lead to high blood pressure — a risk factor for strokes, heart disease and kidney disease.

metro DRIVE
Your essential daily news

Lamborghini commissions artist Alfonso Borghi to create art inspired by the Miura

Kia is boxy, but has a lot of Soul

REVIEW

Latest model feels roomier than past offerings

Jil McIntosh
For Metro Canada

Boxy styling isn't necessarily the prettiest, but it certainly is practical. The Kia Soul may be a compact, but its squared-off shape gives you more interior space than you might expect.

The base trim line comes with a 1.6-litre engine making 130 horsepower, but I'd suggest moving up to the 2.0-litre engine, which produces 164 horsepower and is used in all the other trims.

The larger engine comes solely with a six-speed automatic transmission and while it gets noisy on hard acceleration, it handles both city and highway driving quite well.

The tight turning radius makes it easy to park in small spaces, especially with the rearview camera that's optional on the mid-range EX trim and standard on my top-line SX tester.

There's also a gimmicky feature called Flex Steer, included on all models, which lets the driver switch the steering feel between normal, comfort, or sport.

Kia has made improvements over the original system, which was far too soft in comfort mode, but even in sport mode it could use a bit more steering weight.

At an average published fuel economy of 8.8 L/100 km, the Soul isn't a gas-guzzler but also isn't as efficient as many other vehicles its size.

The Soul feels substantial, and the interior is comfortable and with good fit-and-finish. The base model is exactly that, as its extra cost to put air conditioning into it, but the upper trim lines add numerous features.

> **The tight turning radius makes it easy to park in small spaces, especially with the rearview camera that's optional.**

For $25,995, my tester included a heated steering wheel, heated leather seats, power-folding mirrors and an auto-dimming rearview mirror.

The top trim, at $27,495, has lane departure and front collision warning, navigation, heated and cooled seats, and a panoramic sunroof.

There used to be far more entries in this "tall wagon" category, such as Toyota's Matrix, Honda's Element, and the Nissan Cube.

The Soul has outlasted them all and now, in its second generation, has matured into a well-outfitted model that makes the most of its compact proportions.

THE CHECKLIST | 2016 KIA SOUL

THE BASICS

Type. Four-door, five-passenger compact hatchback
Engine (hp/torque): 1.6-litre four-cylinder (130/118), 2.0-litre four-cylinder (164/151)
Transmissions. Six-speed manual (1.6 only), six-speed automatic
Price. $17,195 (base), as-tested $25,995

COOL FEATURES

- Heated wiper de-icer
- Heated and cooled leather seats
- Rearview camera
- Cooled glovebox
- Front collision warning system
- Navigation system

KIA PHOTOS JIL MCINOTSH/FOR METRO; OTHERS HANDOUT

POINTS

- Like all Kia models, the Soul comes with a five-year/100,000 warranty that covers almost everything.
- The tested SX Sport trim line comes exclusively in red-black or red-white two-tone colour schemes.
- The Soul has virtually the same headroom as Kia's midsize Sorento SUV.

MARKET POSITION

Although Kia shares most of its model configurations with similar offerings from parent company Hyundai, the Soul is stand-alone with no matching equivalent. It's also available as an all-electric model, the Soul EV.

THE COMPETITION

Chevrolet Sonic
Base price: $14,395

Honda Fit
Base price: $14,790

Fiat 500L
Base price: $21,995

GREEN NEWS

Mercedes commits to electric Smart fleet by end of 2016

At its annual shareholder meeting in Berlin, Mercedes-Benz parent company Daimler pledged to develop and launch a battery-powered car with a 500-kilometre range before the end of the decade.

Dr. Dieter Zetsche, Daimler's chairman and the head of Mercedes-Benz Cars, said, "The more cars and commercial vehicles are on the road, the more efficiently each one of them must be operated."

Compatriot company Porsche, despite being a niche manufacturer in terms of sales and vehicle lineup, is already hard at work bringing a similarly long-range electric car to market with a goal of a 2018 launch.

However, as a company that sells millions of private and commercial vehicles every year, Daimler needs to move more quickly in order to reduce emissions and cut pollution across its fleet.

By the end of 2016 every current vehicle in the company's Smart range of inner-city cars will be offered as a plug-in electric vehicle and it also intends to bet big on hybrid drivetrains as a short-term solution while full EV technology catches up for larger vehicles.

Mercedes' Dr. Dieter Zetsche says the company welcomes disruptors like car sharing and autonomous driving. DAIMLER AG

"In 2017, we will have 10 plug-in (hybrid) models on the market," said Zetsche.

Despite the continuing backlash from the Dieselgate scandal, Daimler also reiterated its faith in diesel and its crucial role to play in lowering the average CO2 emissions on roads not just in Europe, but around the globe.

"At Mercedes, we believe in the diesel engine — and in our engineering skills," said Zetsche.

The notion of personal mobility is going through its biggest single evolution since Karl Benz invented the internal-combustion-engine-propelled motorcar in 1885. Daimler is the company that grew out of that initial automotive eureka moment and as a result likes to lay claim to being the car's creator.

And rather than trying to preserve the status quo, the company believes the disruption coming from autonomous driving technology, pollution concerns, upstarts like Tesla and the popularity of services like Uber are all positive.

"It is a matter of utilizing the opportunities that changes bring along," Zetsche said.

It's also why Daimler is also investing heavily in its existing ride-sharing services and on efficient long distance buses. AFP

Volvo C70 a family-friendly top-down

JUSTIN PRITCHARD/FOR METRO

USED VEHICLE

Check roof panels in 2006-2013 models

Unlike two-seat 'roadster' style drop-tops, a convertible like the Volvo C70 can handle a complement of four occupants when needed, making it an ideal choice in a family-ready ride that's big on top-down summertime fun.

The C70 combined four-seat comfort and space with a roof-optional motoring experience designed for luxury and peace of mind.

Conceived and calibrated for hours-long top-off comfort, the C70's power-retractable hard-top flips and folds into the trunk at the touch of a button, in about 30 seconds.

The Test Drive

Open and close the convertible top several times, ensuring no warning lights illuminate, that there's no binding or straining apparent during the process, and that the roof opens and closes, consistently, each time.

Check roof panels for signs of paint wear or damage, which could indicate misaligned arms, or panels that are contacting one another as they fold away.

Stop the roof halfway through its range of motion, when all panels and their seals will be visible. Note that rubber seals should be plump, intact and free of damage or missing chunks. Remember that periodic lubrication of the rubber weather seals, as well as periodic cleaning of debris from the built-in rain gutters and drainage holes, can add to the durability and reliability of the motorized top. Finally, inspect the interior headliner, as some owners have reported ceiling fabric that sags over time and can interfere with roof operation.

Insist on test-driving the used C70 when it's been sitting, cold, a few hours ahead of your arrival. From a cold start, let the car idle up to operating temperature before driving it, noting that milky tailpipe smoke is often a warning sign of a bad turbocharger. Poor performance, could be the result of a bad engine sensor.

JUSTIN PRITCHARD/FOR METRO

Engines

All C70 models come with Volvo's silky 'T5' powerplant: a 2.5-litre five-cylinder unit with dual camshafts and an intercooled turbocharger, good for 227 horsepower sent to the front wheels. A five-speed automatic, or a six-speed manual, were available.

What owners like

Owners typically report a safe, solid and secure feeling on the road, a comfortable and nicely styled cabin, a quiet and relaxing overall driving experience, and exceptional performance from the optional Dynaudio stereo. The engine, transmission and even shifter and clutch are said to be smooth and refined.

What owners dislike

Owner gripes centre around soggy steering and handling which won't appeal to driving enthusiasts, the slashing of cargo space when the roof is folded down, and a low-hanging trunk lid that's easy to whack one's cranium on.

The verdict

A used C70, inspected carefully by a technician, should prove a confident used convertible buy.

RECYCLE SOMETHING NEW

When you're finished putting ketchup on everything you eat, do you throw it in the blue bin?

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#KnowYourRecyclables

To find out more about MMSM and what you can and can't recycle, visit **simplyrecycle.ca**

CHARITY GIFT GIVING

Best bang for your buck: finding the right charity

ISTOCK

For many people, finding the right charity means not just supporting a cause, but the desire to see that their donations are put to good use. For Kate Bahen, the executive director of Charity Intelligence Canada, the best way to ensure you get the most bang for your buck is to research before you open your wallet.

"The charity sector has transformed in the last 15 years, going from volunteer organizations to including more professional fundraisers. In Canada, generosity has doubled in the past 10 years.

"Donors have a lot of choice. As long as you are informed and understand the charity you are donating to, the more successful you will be."

Bahen said that there are a number of factors involved with charities that can impact how much of your dollar is given to the charity in question. She said that their research, investigating over 650 charities across Canada, indicates that on average 74 cents of every dollar reaches the charity.

"In 2006 people were talking only about overhead costs," she said. "No one talked about fundraising costs and fundraising costs can now be two to three times what the overhead is."

In today's charitable environment, a lot of resources are invested in developing 'fun' and 'dramatic' fundraising activities. But those walks, challenges, and events all cost money, so it's important to look at multiple factors.

"We believe that fundraising costs and administration costs should be reasonable," she said. "You have to be holistic — what is their impact?"

Interested donors can visit charityintelligence.ca to search by region or area of donation to learn more about their potential recipients. Charity Intelligence assigns a star grade that's developed by looking at four aspects of a charity (which all site visitors can see): donor accountability, financial transparency, funding reserves, and cost-efficiency. Having that information beforehand can help ensure that you feel comfortable with your donation.

"Once you've made your donation, the money's gone," she said. "So before you do that, do your homework. Think of your giving as an investment — read the charity's annual report. Do you understand where the money's going? Do you know what impact they're having? If you have a question, please call them and assess how open and responsive they are.

"If a charity is not going to be open and honest with me, there's no way they're going to get my money."

'PROFOUND' DIFFERENCE FOR THOSE IN NEED

CONTRIBUTED

It takes a community to turn all of Kildonan MCC Thrift Shop's products back into treasures for the community.

"We're more than just selling the product. We know the impact that it makes on people's lives," said Robin Searle, COO of the shop.

The thrift shop, at 445 Chalmers Ave., has been called "Winnipeg's best kept secret" because the massive retail store has flown under the radar. "The work that we do is profound," Searle said.

The shop is part of the Mennonite Central Committee, a ministry of churches that responds to humanitarian needs world-wide.

The store's 20,000 square feet of retail space has shoes, clothes, wedding items, vintage items, sporting goods, paintings, kitchen, dining room, bedroom and bath supplies. All benefit the community.

The revenue goes towards other Winnipeg non-profit organizations, community centres and social organizations.

Kildonan MCC Thrift Shop also accepts requests for items. Recently, a Winnipeg organization that was helping resettle Syrian refugees in Winnipeg called the shop and mentioned some of them wanted to play soccer but didn't have shoes. The shop happily donated a few pairs.

"It was so impactful to see the joy on their faces to just play soccer after all of the tragedy that they suffered, the moving and the upheaval they dealt with," Searle said.

Kildonan MCC Thrift Shop is now open Monday to Saturday from 9:30 a.m. to 5:30 p.m. Store representatives pick up items for free all over Winnipeg.

Help to make ALS treatable

Imagine slowly losing the ability to hold a drink in your hand, struggling to do up the buttons on your shirt. Imagine not being able to swallow or catch your breath. Imagine being trapped in your body, your mind is alert, you still know what you want to do — but can't!

"Quality of life is important for everyone. Living with a life-limiting disease such as ALS means every minute counts," says Diana Rasmussen, executive Director ALS Society of Manitoba. We need your help to make moments matter and provide hope.

The ALS Society of Manitoba is committed to provide the best possible care and support for Manitobans with ALS, their families and caregivers. As well, the organization builds public awareness of ALS and its impact on society, while supporting research into the cause and cure for ALS.

Each year the ALS Society of Manitoba celebrates the past year and the future by lighting 12 holiday trees in front of the Brummitt Feasby ALS House.

This one of a kind home in St James, supports clients and families living with ALS. We thank the Students from Vincent Massey High School who have been part of our Lite up a Life Program, helping to set up the trees.

HOW TO BE PART OF THE ACTION

Join us for our Cornflower Gala on April 23 at the Victoria Inn and Convention Centre, the Walk for ALS on June 18 at Assiniboine Park or our ALS Golf Classic Sept. 8 and be part of the action.

CONTRIBUTED

We remember fondly those who have passed away from ALS, those who currently live with ALS and think of those who may be diagnosed in the future. Working together we can provide education, support, equipment, communication, and leverage partnerships as well as raise the much needed dollars for this costly disease which is one of the mandates of ALS Manitoba.

Help us make ALS treatable not terminal and be part of the change to improve quality of life for people living with ALS.

For more information: call 204-831-1510 or visit alsmb.ca.

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Gala

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6:00 pm Cocktails 7:00 pm Dinner
(Partial Charitable Tax Receipt(s) to be Issued)

R.S.V.P.
204-831-1510 HOPE@alsmb.ca

You fuel the fight that saves lives

Your support makes a difference to patients

Manitobans are fully engaged in the fight for life — just look around and see everyone wearing bright yellow daffodil pins.

It's about saving lives and having impact. For more than 75 years, the Canadian Cancer Society has funded discoveries that are saving lives today.

We continue to fund more research than any other national charity supporting teams dedicated to detecting cancer sooner, targeting treatments and improving outcomes.

Last year, thanks to about 400 volunteer drivers, the Cancer Society Transportation Service provided cancer patients in over 50 communities with nearly 31,000 safe and reliable rides to and from treatment.

And with the support of Manitobans, the Cancer Society convinced the government to cover the cost of all cancer treatment and support drugs. Since it launched, 14,500 Manitoba cancer patients claimed nearly $82 million in drug costs through the Home Cancer Drug Program.

In Winnipeg, 9,489 cancer patients have enrolled and $47.7 million in drug costs have been covered.

The Cancer Society only exists because of the generosity and trust of Manitobans. We do not receive provincial funding nor do we operate for the benefit of any one health care facility.

The support of ordinary citizens allows us to be active in more than 100 communities throughout Manitoba.

ISTOCK

During Daffodil Month, we want to thank our dedicated health care professionals, our partners, our volunteers and all Manitobans for their trust and support.

Together we are making a difference.

ATVs riding high in Manitoba

GROWING HOBBY

Association in place to help manage growth in province

Will McGuirk

There are currently three designated ATV trails in Manitoba. ISTOCK

ATV use in Manitoba has grown by leaps and bounds in the last decade.

Recreational use is driving the growth as more people realize just how much fun ATVs are to ride. However, whether you're a novice or a newbie to the sport, you may have concerns about safety and about the vehicle's impact on the environment.

Such concerns fueled the creation of the All Terrain Vehicle Association of Manitoba (ATVMB) Inc. in 2005. The ATVMB manages the growing use of ATVs, working with the provincial government to develop officially designated trails across Manitoba, says association manager Kim Wozniak.

There are currently three such ATV trails in the province, Wozniak says: Interlake Pioneer Trail, The Eastman Trail and the Little Big Foot Trail. The latter two are located in Southwestern Manitoba and were opened last year

"We believe that a system such as this is an essential investment in healthy living, safer recreation, better environmental management and education, community development, economic activity, employment and tourism," says Wozniak.

Interlake Pioneer Trail was originally a rail line but is now 106 kilometres of open trail running from Hwy 69 to Fisher Branch. The trail skips around the town of Argyle. The trail is open May 1 for ATV use, closing on the last day of October. The trail opens to snowmobilers on Nov. 1 until the end of April. The railway line base helps ward off erosion issues and there is ample signage to aid navigation.

Erosion prevention was a factor in the creation of both the Eastman Trail and the Little Big Foot. Consideration of any negative effects on the surrounding environment was high on the agenda. The results are trails built on higher ground away from sensitive wetlands. If the trail had to cross any environmentally sensitive areas, says Wozniak, construction methods were used to minimize the impact.

"We know from the experience of other trail builders from across Canada and the U.S. that if trails are constructed properly and are well maintained, the environment is preserved. We also know that motorized use of trails actually helps to maintain them, as trails that see motorized traffic are not overgrown, resulting in trails that can be enjoyed by motorized and non-motorized users alike," she says.

The Eastman Trail loops from the RM of Reynolds at the end of Dawson Road and connects to the Little Big Foot Trail in Woodridge, for a total of 89 kilometres.

The Little Big Foot Trail is also a loop trail beginning at Woodridge Provincial Park. It runs north toward Marchand Provincial Park. The total length of Little Big Foot is a not so little, at 80 kilometres.

Big or little Manitoba has many beautiful areas in which to ride, and using designated ATV/multi-use trails will contribute to the safety of trail users and preservation of the environment.

ATV TYPES

Utility-Terrain Vehicle: This is the new mule. It's used for heavy towing across all surfaces and in factories, farming, hunting, by first responders such as police and medical. Not as nimble as sport ATVs, they can be used recreationally.

Sport ATVs: These vehicles are built light and agile. They are best used on flatter or softer surfaces due to safety concerns. Best to take it slow in the beginning.

"Rhinos": Consider these as golf carts on steroids. They are called Side x Sides as passengers sit, well, side by side. They are built for transportation and access but are quite versatile for recreational use, too.

Off Highway Vehicle: The OHV has cross-over use with ATVs but OHVs as the name implies are built specially for off-highway uses. Look for deep treaded tires and a strong but flexible suspension.

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Season to explore the path less taken

ATVS

A few things you need to know for a smooth ride

Jason Menard

With warmer weather arriving, it's soon the time for people to break free of the shackles of their homes and explore paths less taken. For some, there's nothing like being behind the wheel of an ATV.

But if you're in the market to buy one, how do you pick?

"A couple of considerations to make is how many people do you want to take," explained Tyler Bromley, sales manager at Rond's Marine in Winnipeg. "Polaris makes units that hold from one to six people so you can take the whole family.

"Also, are you using it for work or play? Or both? [Polaris] makes something for everybody so qualifying customers for their individual needs is a big part of our sales process, so people are getting the right machine."

Bromley pointed to three models across three product lines of interest:

• **The Polaris Sportsman 570**

"This is our most popular machine. It has great power and an even better prise point," he said. "It's great for people with older machines looking to get into something newer, or people just looking to get into the sport."

THE POLARIS SPORTSMAN 570

• **The Polaris Sportsman High Lifter 1000**

"This is made for the experienced rider looking to get muddy," Bromley added.

• **The Polaris Ace 570 SP**

"It combines the nimble handling of an ATV and the security and comfort of a side-by-side in a rider-centric design," he said. "It is great for both experienced and new riders."

For anyone looking for the right ride, Bromley recommends coming into a licensed dealer as they're invested in ensuring you're satisfied with your purchase. You can visit rondsmarine.com for product and contact information.

"Our goal is to make the purchase easy for the customer," he said. "We do all the paperwork in house, we get all the documentation required for insurance ready for them, and we have a technician go over operation, break-in procedure, and maintenance with them before they take delivery of the unit.

"They are buying fun toys when they come here, so we want the process to be fun and easy for them as well."

Get a helmet that's a perfect mix of style and safety. ISTOCK

GET RIDING

Customize ATV with accessories

Once you have your ATV, you can customize your experience to suit your needs and goals. But for Tyler Bromley, sales manager at Rond's Marine in Winnipeg, there's one key accessory that every ATV rider should consider.

"One of the main things everyone should have on their ATV is a winch," he said. "If you, or someone else, gets stuck it is sometimes the only way to get yourself out.

"It can help around the yard as well. Our family uses it to help pull out our docs and boat lift in the fall at the lake. It is also necessary if you are planning to put a snow plow on it in the future."

Other accessories people may want to consider are:

Helmets

Not really an accessory but a necessity for today's rider. There are numerous styles and types available, and they allow you to combine form and function for the perfect mix of style and safety.

GoPro cameras

You can share the thrill of riding with friends, family, and even YouTube fans by strapping on a GoPro (or similar brand) camera to record your adventures.

Luggage accessories

Whether you're looking to stow your cell phone (not a bad idea to pack a charger and first-aid kit) or you're off for a day of camping or fishing, the right luggage options can make your experience more convenient.

metro SPORTS

B.C.'s Rory MacDonald, headliner of June's UFC Fight Night in Ottawa, took in batting practice and threw out the first pitch at Tuesday's Jays game

Alex Ovechkin reached the 50-goal plateau for the seventh time in his career. ALEX BRANDON/THE ASSOCIATED PRESS

Heat is on Capitals

NHL

Regular-season champs bear pressure as Cup favourites

Once again, the Washington Capitals are atop the NHL as the best regular-season team. Once again, the pressure's on them as the favourite to win the Stanley Cup and prove this year won't bring another early playoff exit.

Expectations have never been higher for Alex Ovechkin and the Capitals, six years after their first Presidents' Trophy and with their window drawing to a close. Being the best team over 82 games was worth nothing to Washington in 2010 when it lost in the first round to the Montreal Canadiens, but this team isn't running from the notion that it's Stanley Cup or bust.

"We're here to win a championship," general manager Brian MacLellan said. "Anything less than that is unsuccessful in my mind."

MacLellan isn't the only one who holds that belief. The Capitals finished 11 points ahead of the field and boast the top goal-scorer in Ovechkin, arguably the best goaltender in Braden Holtby and one of the deepest defences around.

8

Only eight of 29 Presidents' Trophy winners have gone on to win the Stanley Cup.

With the defending-champion Chicago Blackhawks looking not nearly as formidable as years past and no other dominant team in either the East or the West, this looks like the Capitals' year. Ovechkin has heard that so much and yet hasn't made it past the second round in seven previous tries.

"Every year you ask me the same question, 'This is the year, this is the year?'" Ovechkin said. "You never know what's going to happen in the playoffs. It's a total different thing."

The unpredictability of playoff hockey is the biggest obstacle standing in the Capitals' way. So much has to go right, from health to matchups to goaltending.

A trip to the conference final would be the Capitals' first since 1998. That would be a step forward and a sign of progress, but with Ovechkin nearing the end of his prime and so much going for them, the Capitals have a bigger opportunity to seize.

"We're here to win it all," MacLellan said. "I don't know that if we get to the third round, does it make us feel any better? No. The only thing that makes you feel better is you win.... We recognize where we're at and we want to win a championship." THE ASSOCIATED PRESS

TELEVISION

Ratings mirror woes of Canadian teams

The last time Canadian teams were shut out of the NHL playoffs, Bobby Orr's Boston Bruins won the Stanley Cup, astronauts had recently landed on the moon and advertisers paid top dollar to buy commercials on Hockey Night in Canada.

It was 1970. Forty-six years later, the biggest roll of the dice in Canadian TV history has come up snake eyes. All seven Canadian teams sit on the sidelines as Rogers Media wraps up the second season of a $5.2-billion, 12-year deal with the NHL.

The Canadian team collapse will cost money, says Sportsnet president Scott Moore.

"There are definitely differences in our ratings expectations that definitely impacts the prices that we charge," he said in an interview.

With little to cheer for, ratings have taken a massive hit.

REVENUE

According to a Globe and Mail report last week, Rogers has had to offer free spots to advertisers to make up for failures to reach promised audience targets. These "make-do" spots are cutting into ad revenues across the Rogers Media broadcast system, the Globe said.

Overnight estimates for last Saturday's Hockey Night in Canada broadcast were just 721,000.

Over a 30-week period, ratings for the early game on Hockey Night in Canada are down 18 per cent for the season. Later games out west are down 19 per cent on average. THE CANADIAN PRESS

IN BRIEF

Sens' new general manager fires coach

Pierre Dorion wasted no time making his first move as general manager of the Ottawa Senators.

Head coach Dave Cameron and assistants Andre Tourigny, Jason Smith and Rick Wamsley were all fired Tuesday, just two days after Dorion took over as GM from Bryan Murray.

Ottawa missed the NHL playoffs after posting a disappointing 38-35-9 record. THE CANADIAN PRESS

Upton's bat wakes up as Tigers rout Pirates

Justin Upton had four hits, including a first-inning home run off a camera well above centre field, and the Detroit Tigers beat the Pittsburgh Pirates 8-2 Tuesday.

Upton entered batting .227 with 10 strikeouts in 22 at-bats, then raised his average to .333. According to MLB's Statcast system, the home run would have gone 451 feet had it landed unimpeded. THE ASSOCIATED PRESS

Junior B. Financial Services Manager, Salter Location

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RECIPE Orzo, Basil & Tomato salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This salad packs lots of flavour due to the fresh basil and tomatoes, and it makes you think you're eating a picnic dinner in a garden. Not bad for a Wednesday.

Ready in
Prep time: 20 minutes
Cook time: 10 minutes

Ingredients
- 2 cups cooked orzo
- 25 fresh basil leaves, various sizes
- 1 shallot, cut into quarters
- 2 cloves garlic
- 3/4 cup olive oil
- zest and juice of one lemon
- 1 teaspoon honey
- salt
- 1 tablespoon water
- 1 cup halved cherry tomatoes
- 1 cup shaved parmesan cheese
- 5 mint leaves chopped

Directions

1. Cook orzo pasta according to package directions. Set aside.

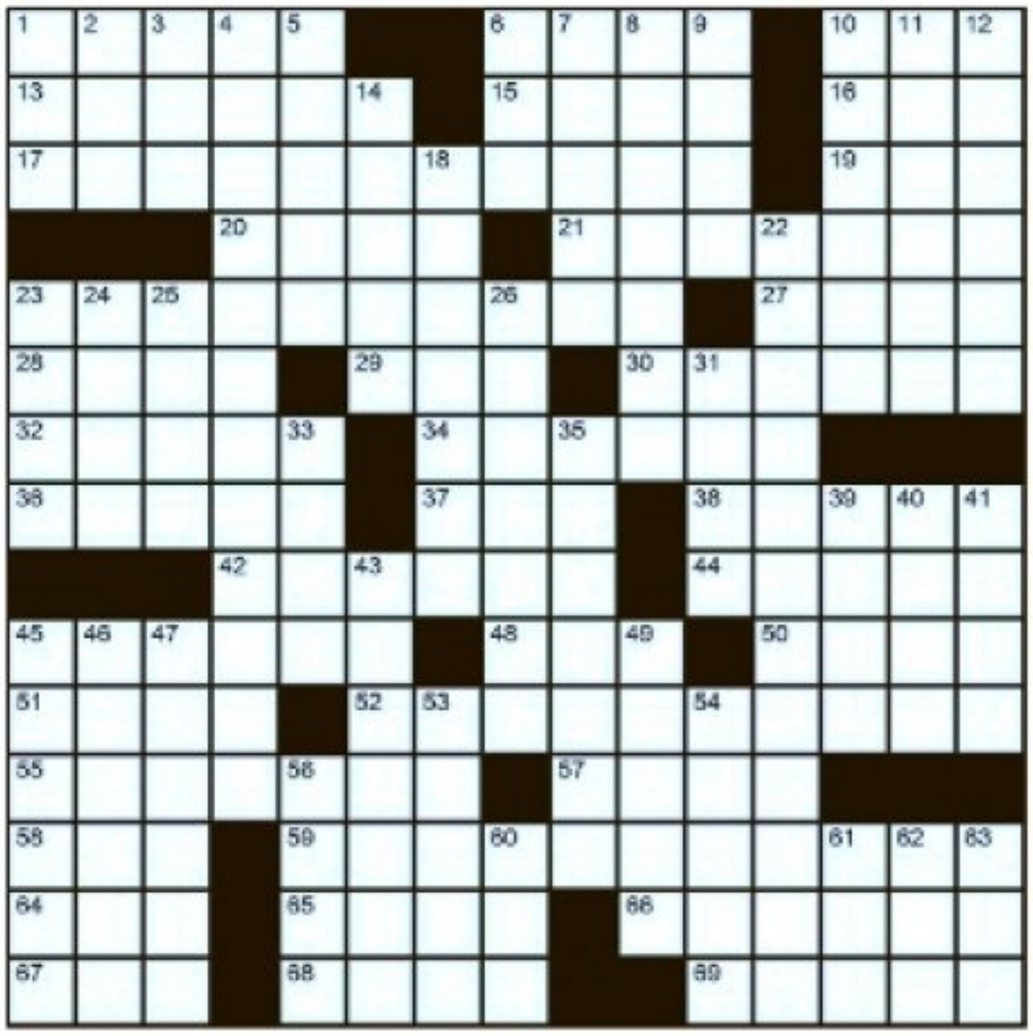
2. Place basil leaves, shallot, garlic, oil, lemon zest and juice, honey and salt in a blender (you can also use an immersion blender) with water and give it a whiz until blended.

3. Mix dressing into pasta. Stir in cherry tomatoes and parmesan. Sprinkle fresh chopped mint.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Historic Puritan port city
6. Customer's slip [abbr.]
10. Poet's 'atop'
13. Treasured stashes
15. 'Smack' suffix (Dollar, in slang)
16. Opposite SSW
17. Crunch those numbers again
19. 2016 Pres. candidate ...his initials-sharers
20. Neither 'for' nor 'against' [abbr.]
21. Positioned-to-catch-the-baseball shout!: 3 wds.
23. Mishmash
27. Country property expanse
28. Ms. Sands of '60s songs
29. Pre-summer time, wee-ly
30. Top-_ (Best of the best)
32. _ Park (Thomas Edison's home/lab site in New Jersey)
34. Like the 'feet' of some poets
36. "...the bombs bursting _ _..."
37. _ Khan Museum (Toronto attraction)
38. Mr. Wyle's
42. Detector
44. Pull at: 2 wds.
45. Remain: 2 wds.
48. Mr. Geller
50. Barn's weathery decoration
51. "Brava!"-inducing vocal
52. _ chicken (Swiss Chalet's famous serving)
55. Boulevard in Winnipeg
57. The Koh-i-_ Diamond
58. _ Ken (Working dog breed)
59. Canadian team of superheroes in Marvel Comics: 2 wds.
64. Mel of baseball fame
65. Reality star Coco's rapper-turned-actor husband
66. Healthier
67. PBS funding org.
68. Sr. and Jr. actors Chaney
69. Mr. Arnaz's (Lucille's love)

DOWN
1. Li'l narrow waterway
2. The Who's "Who _ You"
3. 1989: "Wild Thing" by Tone-_
4. Canadian supermodel Linda's
5. Skirmish
6. Farm. member
7. TV's Mr. Kilborn
8. Sage or parsley, etc. ...culinary-style
9. _ _ fine line
10. Next up at bats: 2 wds.
11. Full
12. Relaxed
14. Atlantic 'porgy' fishies
18. Paradises
22. Stanley Park enjoyer from the area
23. Prefix to 'sphere'
24. Kitchen appliance
25. Ms. Pugliese of "Breakfast Television" in Toronto
26. Prolong: 2 wds.
31. "_ She Sweet"
33. Beaver State, briefly
35. Gill-y member of #59-Across who can swim at amazing speeds, her Earth parents are Newfoundland couple Gladys and Tom Smallwood
39. Culture medium
40. Hagar The Horrible's daughter
41. Dagger
43. Big name in electric shavers
45. Radish variety
46. Embellished
47. Elton John title song lady
49. Starts racing!: 2 wds.
53. Pencil _ _ (Writing options)
54. Dependable
56. Flicka's flick-ee
60. Standing-human measurements [abbr.]
61. Lettered Mustang cars
62. Gospel song: "_ - _ Believe"
63. Susan Sarandon's ex-beau ...his initials-sharers

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Power struggles might create domestic arguments today. Don't take the bait! Remind yourself how important family harmony is for you as well as for others.

Taurus April 21 - May 21
Be careful, because this is a mildly accident-prone day. People are intent on getting their own way, even if unexpected obstacles arise. Take it easy.

Gemini May 22 - June 21
Quarrels about money and possessions might take place today because someone opposes your ideas. Listen to others, and look for a win/win solution.

Cancer June 22 - July 23
Bosses and parents might catch you off-guard today, which in turn, creates an argument with a partner or close friend. Something will upset you. Nevertheless, don't let this ruin your day. Rise above it.

Leo July 24 - Aug. 23
Travel plans will be canceled, changed or delayed today. Meanwhile, avoid controversial subjects, because these could spiral into something nasty.

Virgo Aug. 24 - Sept. 23
Disputes about inheritances, shared property, taxes and debt will occur today. A female friend might oppose you, especially if it relates to your kids.

Libra Sept. 24 - Oct. 23
This is a poor day to challenge authority figures — parents, bosses, teachers and the police. Everything is a bit of a crapshoot, so keep your head down and your powder dry.

Scorpio Oct. 24 - Nov. 22
This is a mildly accident-prone day for your sign. It's also an accident-prone day at work. This means you should slow down and pay attention to everything you say and do.

Sagittarius Nov. 23 - Dec. 21
Make friends with your bank account and anything having to do with taxes, debt and shared property, because something unexpected will occur today. This is also an accident-prone day for your kids. Be alert!

Capricorn Dec. 22 - Jan. 20
Quarrels with partners and close friends might arise today, especially because of news or a surprising turn of events at home.

Aquarius Jan. 21 - Feb. 19
Be careful, because this is an accident-prone day, especially at work. Knowing this, be mindful. Don't be in a rush to do anything. Look around you.

Pisces
Feb. 20 - March 20
Social plans, vacations and something to do with your finances might surprise you today. Perhaps a planned event costs more than you thought it would? (Welcome to the club.)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	2	3		6		1	7	
	4			5			8	
			7		1			
		5		4		2		
1	6		5	2	3		9	4
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	9			3			1	
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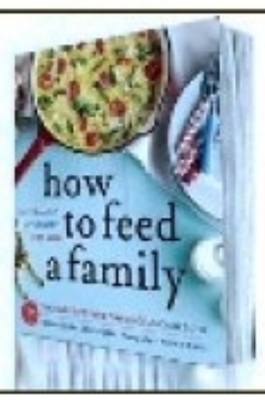
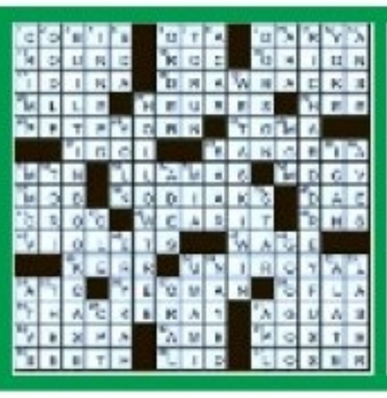


YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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6	3	9	7	1	4	2	5	8
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4	7	3	8	5	9	6	1	2
2	9	8	1	4	6	5	7	3
9	8	5	2	3	1	4	6	7
3	1	4	9	6	7	8	2	5
7	2	6	4	8	5	3	9	1

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